



January Group Fitness Classes

2nd Ward Gym

The facility will be closed January 1st & 21st.

Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00AM	Closed	Athletic Conditioning	Tempo Cycle IFF Instructor	Athletic Conditioning	Closed	Closed	
7:15AM		TRX Suspension Training	Walk n' Talk 7a-9a (FREE)	Strength.Cardio.Core.			
8:15AM						8:15AM-9:00AM	
9:00AM						9:00AM-9:45AM	Rhythmic Cycle** IFF Instructor
9:30AM		 Coming Soon!		 Coming Soon!		10:15AM-11:00AM	Vinyasa Yoga** IFF Instructor
10:30AM	T3		Upper Body Core & More		T3	11:00AM-12:00PM	
12:00PM	HIIT - CSE	Full Body Blast	HIIT - CSE	Rhythmic Cycle IFF Instructor	HIIT-CSE	12:00PM-2:00PM	Open Gym 12:00p-2:00p
1:00PM-5:30PM	Closed						
5:45PM	Cycle Ride IFF Instructor	Adult Athletics League	Vinyasa Yoga IFF Instructor	Adult Athletics League	Closed	**There will be no Vinyasa Yoga on 1/12 **There will be no classes or open gym on 1/19 due to a special event.	
7:00PM	HIIT - CSE						
7:30PM	Adult Open Gym 7:30p-9p		Uptown Ballers 7:30-9p				

\$5 Class fee for non-members / Classes & Open Gym are included in Aquatics Memberships

Facility Hours:

Monday: 9:00am-1:00pm / 5:00pm-9:00pm

Tuesday: 5:45am-1:00pm

Wednesday: 5:45am-1:00pm / 5:00pm-9:00pm

Thursday: 5:45am-1:00pm

Friday: 9:00am-1:00pm

Saturday: 8:00am-2:00pm



Athletic Conditioning: A total body circuit that combines athletic cardio movements with strength exercises to improve overall fitness, tone, strength and cardio endurance.

*Intensity Level: High

Cycle Ride: This fun and energizing cycling class is designed for all fitness levels which will include various cycling drills that offer an exhilarating cardio workout.

*Intensity Level: Moderate

Full Body Blast: A total body circuit that focuses on functional movements and interval training. This is a challenging class that will build strength, endurance, and coordination. Full Body Blast is great for those that are short on time and need a morning or midday sweat session.

*Intensity Level: Moderate - High

HIIT-Cardio Strength and Endurance: A total body workout that combines short bursts of intense exercises, followed by a short period of active recovery strength/aerobic exercises. HIIT-CSE is designed to improve athletic capacity, conditioning, strength, and endurance.

*Intensity Level: High

Rhythmic Cycle: Music will lead the way! Pedal through this fun, full body workout while lifting your spirit, clearing your mind, and transforming your body.

*Intensity Level: Moderate

Strength.Cardio.Core. : Push yourself to the max with this high energy workout combining strength and cardio movements to reach your ultimate goals.

*Intensity Level: Moderate - High

Tempo Cycle: This class gives a combination of interval training infused with rhythmic riding and strengthening the core.

*Intensity Level: Moderate

Total Body Resistance: This low impact total body workout that focuses on muscle strength and toning. This class is perfect for those that are looking for light cardio and strength training.

*Intensity Level: Low - Moderate

TRX Suspension Training: Challenge yourself through a variety of total body exercises using only your bodyweight and our TRX suspension trainers. All exercises can be modified for little resistance to complete bodyweight.

*Intensity Level: Moderate

T3 (Tummy, Thighs, and Tush): This workout will focus on strengthening and toning the abs, legs, lower back, and glute muscles through isolated exercises & movements using light weights.

*Intensity Level: Moderate

Upper Body Core & More: This upper body strength and toning class will focus on abs, back, shoulders, chest, and arm muscles with added in total body movements

*Intensity Level: Moderate - High

Vinyasa Yoga: This form of yoga will focus on flexibility by moving fluidly from one pose to another while connecting their breath.

*Intensity Level: Moderate

Walk n' Talk: Get fit while making friends & listening to your favorite tunes as we walk our way to better health in this is a low-impact cardio workout. There are optional exercise stations along your walk to add to your walking workout.

*Intensity Level: Low